

## ABSTRACT

To provide a muscle development device wherein a sufficient pressure can be applied to every part of the limb intended to be compressed, even under the influence of muscle movements.

To provide a muscle development device comprising a hollow tight fitting band 1 having a tube 5 and a wire-like piece 6 provided therein; and fastening means for use in keeping a length of the tight fitting band 1 in a loop having a desired size, the muscle development device being used to develop muscles of a limb while restricting the blood flow therethrough by means of applying, with the tight fitting band 1 being wrapped around a predetermined compressed range of the limb and the tight fitting band 1 being fastened with the fastening means to have a desired size, a predetermined pressure to the limb around which the tight fitting band 1 is wrapped, the pressure being produced by introducing air to the tube 5. The wire-like piece 6 is designed to limit the direction towards which the tube 5 is allowed to inflate as the tube 5 is filled with air, to against the muscles as determined with the tight fitting band 1 being rest on the muscles.